

	Classes	Price per package	
Pilates	Pilates class	\$17	
	Pilates class 4 series (\$16 per class)	\$64	
	Pilates class 10 series (\$14 per class)	\$140	
	<i>Pilates class 10 series (\$12 per class)</i>	\$120**	
Pilates	Private Sessions		
	Pilates Private (45 min)	\$80	
	Pilates Private 4 series (45 min) (\$75 per session)	\$300	
	Pilates Private 10 series (45 min) (\$70 per session)	\$700	
	Pilates Duet (45 min) (\$50 per person)	\$100	
	Pilates Duet 4 series (45 min) (\$47.50 per person)	\$380	
	Pilates Duet 10 series (45 min) (\$45 per person)	\$900	
	Pilates Private (60 min)	\$100	
	Pilates Private 4 series (60 min) (\$95 per session)	\$380	
	Pilates Private 10 series 60 min (\$90 per session)	\$900	
	Pilates Duet (60 min) (\$60 per person)	\$120	
	Pilates Duet 4 series (60 min) (\$57.50 per person)	\$460	
	Pilates Duet 10 series (60 min) (\$55 per person)	\$1,100	
	<i>Pilates Duet 10 series (60 min) (\$50 per person)</i>	\$1,000**	
	Running Clinic	Private Sessions	
		Running evaluation with video analysis and forceplate	\$175
Running follow ups x 1 (45 min)		\$85	
Running follow ups x 5 (45 min) (\$75 per session)		\$375	
Running follow ups X 10 (45 min) (\$70 per session)		\$700	
Massage	30 minute – no tipping	\$60	
	50 minute – no tipping	\$95	

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** CPMC Employee Discount

Golf Fitness	Private Sessions	
	Private Golf Assessments with TPI PT (90 min)	\$175
	Private Golf Fitness X 1 (45min)	\$85
	Private Golf Fitness X 5 (45min) (\$80 per session)	\$400
	Private Golf Fitness X 10 (45 min) (\$75 per session)	\$750
	Semi -private Golf Fitness X 1 (45min) (\$45 per person)	\$90
	Semi -private Golf Fitness X 5 (45min) (\$42.50 per person)	\$425
Semi -private Golf Fitness X 10 (45 min) (\$40 per person)	\$800	
Bike Fit	Private Session	
	Bike Fit Option 1 (60 min) with Musculoskeletal Assessment by SICI PT	\$150
	Bike Fit Option 2 (90 min) with Musculoskeletal Assessment by SICI PT with spin scan	\$200
Fitness Training	Private Sessions	
	Initial Fitness Assessment (60 min)	\$125
	Private Fitness Sessions (45 min)	\$85
	Private Fitness Sessions x 5 (45 min) (\$80 per session)	\$400
	Private Fitness Sessions x 10 (45 min) (\$75 per session)	\$750
<i>Private Fitness Sessions x 5 (45 min) (\$70 per session)</i>	\$350**	
Total Body Fitness	Classes	
	TBF class (60 min)	\$15
	TBF class 5 series (60 min) (\$13 per class)	\$65
	TBF class 10 series (60 min) (\$12 per class)	\$120
	<i>TBF class 10 series (60 min) (\$10 per class)</i>	\$100**
Fit for Life	Classes	
	FFL class (45 min)	\$11
	FFL class 5 series (45 min) (\$10 per class)	\$50
	FFL class 10 series (45 min) (\$10 per class)	\$100

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